

אֱלֹהֵינוּ אֵלֵינוּ אֵלֵינוּ אֵלֵינוּ ,אֱלֹהֵינוּ אֵלֵינוּ אֵלֵינוּ
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So Hashem's presence fills the entire world, right? But how does that help when we're stuck in a these low places? How can we recognize His presence when we feel like hell and are having such a hard time coping?

There are 12 permutations of the Tetragrammaton (the name of Hashem א-הוה). The simplest, and yet most essential permutation is of course א-הוה. The [Arizal](#) writes that this permutation is an acronym for the verse "אֵלֵינוּ אֵלֵינוּ אֵלֵינוּ אֵלֵינוּ אֵלֵינוּ אֵלֵינוּ" ([Psalms, 96:11](#)). "The Heavens will rejoice and the earth will be glad".

I think, on the most basic level, the idea behind this is that the name of God, in its simplest form, is represented by rejoicing and joy. A name is not a simple thing. The [Maharal](#) teaches that one's name is his essence. אֵלֵינוּ (name) is the same letters as אֵלֵינוּ (there). Meaning, you are where your name is. Whatever your name is, that defines where/who you are. This verse is indicating, that when we refer to Hashem's name in the most straightforward way, we are referring to a state of gladness and rejoicing.

So maybe this is what [Rebbe Nachman](#) means? Hashem's presence is everywhere, even in the lowest places. But how does one tap-in to this Godliness in a low place? By finding joy! When we can let go of our suffocating feelings and find something to be glad about – even in what seems to be the hardest situation – we can find Godliness absolutely anywhere. Of course, the lower the space, the harder it is to find Godliness (aka joy), but that's just because it's hidden. It's truly there. The skies are always smiling.

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